

Clwydian Range Runners presents.

**Dash In the Dark 3 - 17th Jan 2020.
Results.**

Position	No	Time	Name	Club
1	10	22.43	Warren Renkel	Run Free Fellrunners
2	75	23.15	Louis Lermite	Run Free
3	56	24.15	Ben Lightowler	u/a
4	42	25.11	Simon Roberts	Buckley Runners
5	113	25.25	Rhys Peters	Clwydian Range Runners
6	81	25.32	Peter Jones	Oswestry Olympians
7	141	26.06	Owen Lovelock	Run Free
8	26	26.16	Gemma Moore	Eryri
9	89	26.22	Daniel Ribb	Run Free
10	38	26.24	Pete Gray	Buckley Runners
11	43	26.26	Richard Jones	Run Free
12	131	26.28	John Montgomery	Clwydian Range Runners
13	36	26.30	Rob Alexander	Prestatyn
14	68	27.29	Sally May Ellis	Run Free
15	120	27.36	Dan Hurst	Clwydian Range Runners
16	137	27.40	Owen Contry	Denbigh Harriers
17	132	27.45	Troy Kettle	NWRRC
18	54	28.32	Chris Palmer	Run Free
19	140	28.33	Paul White	u/a
20	16	28.34	Chris Gibbons	u/a
21	130	28.42	Nick Jones	Run Free
22	67	28.45	Peter Mould	Eryri
23	9	28.47	Simon Philips	Whitchurch Whippets
24	12	28.48	Shaun Caldwell	BTR Run Club
25	77	29.03	Gareth McKernan	u/a
26	136	29.05	Chris Spillane	Colwyn Bay AC
27	50	29.07	Tim Hargreaves	Buckley Runners
28	108	29.15	Huw Dolphin	SYTri
29	96	29.27	Andrew Corbett	u/a
30	70	29.43	Stephen Mills	u/a
31	37	29.49	Christian Wynne	u/a
32	55	29.57	Stephen Roberts	Oswestry Olympians
33	57	30.06	David Brown	Chester Tri
34	65	30.13	John Rostron	Run Free

35	117	30.24	Kirsty Seddon	Chester Tri
36	119	30.26	Elliott Boylan	u/a
37	25	30.31	Richard Borne	Mysteruns
38	17	30.34	Neil Riddle	u/a
39	125	30.40	Aled Thomas	Buckley Runners
40	88	30.42	Mike Davies	Run Free
41	107	30.43	Vinny Spillane	u/a
42	128	30.55	Adam Brightman	Llanberis Tri grown
43	121	31.09	Oliver Bean	u/a
44	122	31.14	Ben Amesbury	Clwydian Range Runners
45	142	31.19	Simon Jones	Denbigh Tri
46	49	31.20	Carl Mitchell	u/a
47	7	31.21	Anna Bartlett	Shrewsbury AC
48	80	31.40	Martin Witty	Deestridders
49	98	31.43	Lukas Pilgrim	Canicross Clwyd
50	53	31.57	Kieran Sheffield	u/a
51	144	32.00	Andrew Peffers	Clwydian Range Runners
52	47	32.01	Warren McNally	u/a
53	86	32.09	Peter Hughes	Wrexham AC
54	118	32.11	Tony Benton	Denbigh Harriers
55	76	32.15	Fred Smith	Clwydian Range Runners
56	27	32.17	Fred Aird	Deestridders
57	74	32.27	Rachel Sherwen	Run Free
58	94	32.29	Paul Donoghue	Buckley Runners
59	20	32.37	Paul Chalagner	Pensby Runners
60	46	32.42	Chris Wilcox	Buckley Runners
61	95	32.57	Neil A McAndrew	Run Free
62	123	33.06	Kerry Jones	Llanberis Mini Tri
63	82	33.21	Sophie Nunn	u/a
64	127	33.25	Christine Cammillare	Deestridders
65	126	33.38	Paul Lewtey	Deestridders
66	91	33.44	Jamie Suckley	u/a
67	104	33.54	Naomi Cane	u/a
68	114	34.00	Jenny Ewels	Clwydian Range Runners
69	78	34.09	Gareth James	u/a
70	5	34.12	Eifion Matthias	Clwydian Range Runners
71	6	34.17	Steve Davies	Run Free
72	145	34.22	Cheryl Griffiths	u/a
73	11	34.22	John Sailsbury	Bank of America
74	87	34.39	Christopher Tym	Reasheath Sports Dept

75	93	34.41	Kevin Malone	u/a
76	97	34.48	Kirstie Fraser	Canicross Clwyd
77	61	34.56	Duncan Ashton	Oswestry Olympians
78	103	35.04	Andrew Aitken	PRC
79	44	34.06	Alan French	Run Free
80	15	34.08	Matt Hall	u/a
81	85	35.10	Matt Pritchard	Run Free
82	69	35.22	H Pritchard-Jones	Run Free
83	23	35.27	Rebecca Good	Run Free
84	100	35.27	Lance Ball	Wreccsam Tri Club
85	18	35.42	Amanda Garner	Buckley Runners
86	19	35.43	Simon Edwards	Buckley Runners
87	71	35.53	Elaine Sargent	Run Free
88	83	35.34	Connor David Jones	u/a
89	24	36.12	Harriet Maclehose	u/a
90	102	36.13	Steve Gleave	u/a
91	84	36.15	Stephen Pygott	u/a
92	64	36.20	Gary Clarke	Oswestry Olympians
93	101	36.25	Keith Cotton	Whitchurch Whippets
94	124	36.30	Sarah Williams	u/a
95	33	36.32	Howard Jones	Run Free
96	134	36.36	Daniel Burton	u/a
97	28	36.40	John Humphries	Eryri
98	63	36.44	Simon Hodgson	u/a
99	133	36.46	Peter Nesbitt	Oswestry Olympians
100	73	36.48	Juliette Baron	Run Free
101	41	36.50	Richard Morgan	Llangollen
102	45	36.53	Ciara Murphy	Wreccsam Tri Club
103	72	36.56	Tony Walton	u/a
104	2	37.04	Paul Wood	Chester Road Runners
105	13	37.38	Trevor Pears	u/a
106	92	37.41	Chris Rhodes	u/a
107	146	38.09	Sophie Blinkhorn	u/a
108	115	38.11	James Rees	Deestridders
109	4	38.24	Kevin Bramall	Chester Road Runners
110	105	38.36	Mark Taylor	Chester Tri
111	29	38.41	Terry Capstick	Run Free
112	32	38.43	Steffan Cooling	u/a
113	143	38.50	Anne Buckley	u/a
114	112	39.15	Alex Carpenter	Run Free

115	109	39.17	Darren Shillington	West Cheshire
116	111	39.32	Angela Tegg	West Cheshire
117	110	39.33	Julian Tegg	West Cheshire
118	60	39.34	Sarah Berry	Whitchurch Whippets
119	59	39.35	James Gresty	Whitchurch Whippets
120	14	39.44	John Morris	Buckley Runners
121	48	39.45	Steve Phillips	u/a
122	34	40.09	Yricka Gardner	Run Free
123	30	40.11	Elizabeth Featherstone	Whitchurch Whippets
124	58	40.29	Maxine Brown	Chester Tri
125	62	40.30	Karen Smith	Chester Tri
126	52	40.34	Charles Ashley	Wrexham AC
127	99	40.46	Mark Pilgrim	Canicross Clwyd
128	8	40.49	Sal Jefford	Run Free Fellrunners
129	35	40.00	Gaynor Louise Upton	u/a
130	138	41.46	Stephen Beck	u/a
131	139	41.47	Phil Porter	Denbigh Tri
132	39	41.58	Caroline Caffery	u/a
133	40	41.59	Steven Brown	Prestatyn
134	106	42.12	Phillip Lowe	u/a
135	135	42.55	Caroline Baker	u/a
136	66	43.06	Sian Dunne	Run Free
137	116	43.57	Norman Seddon	Mersey Tri
138	79	44.17	Sue McIndoe	Deestridders
139	129	44.19	Jane Blackwell	Deestridders
140	147	45.54	Pavel Seymaca	u/a
141	21	48.17	Fergus Murray	Rhyl CC
142	22	48.18	Jennifer Murray	u/a
143	31	48.30	Sarah Ann Gill	Whitchurch Whippets
144	51	49.52	Tony Vesty	Run Free
145	90	49.55	Wayne Thomas	Clwydian Range Runners
146	1	60.02	Peter Norman	Wrexham AC
147	3	DNF	Leah Carson	Chester Road Runners